

Students Make a Difference!



Get Involved.

For more information or to join us,
please contact:

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SAVING ANIMALS



A Student Guide

Jesse didn't want to dissect animals in order to learn biology, and Chris was frustrated because there were no vegetarian options for lunch at school. Robin wanted to let other people know about what's happening to animals in our society but didn't know how.

Students like Jesse, Chris and Robin can do a lot to help animals and themselves, but sometimes they don't know where or how to begin. If you're a student, this brochure will give you both general guidelines and specific ideas for saving animals in and out of school.

General Guidelines

EDUCATE YOURSELF

Read, learn, study and read some more. It's crucial to be well-informed and knowledgeable about animal rights if you are going to be able to explain the issues to others. We can send you books, articles, videos and other materials to help you educate yourself.



- Let the media know what you are doing. Send press releases to newspapers and television stations if you are planning a protest or other event. Contact us for information and advice regarding press releases and public service announcements.
- Work with school administrators and teachers on recycling issues. Schools can purchase recycled paper as well as recycle waste paper, bottles, plastic, cans and other materials.
- Acquaint yourself with the connections between animal rights, environmental, and health issues and bring up the connections in class discussions.
- Work with school administrators and teachers to find cruelty-free cleaners, soaps, disinfectants and supplies for building maintenance and other purposes.
- Let animal rights organizations, as well as the media, know about your successes! Positive and encouraging information should be shared – what works for you may work for others.



**Most of all, persevere.
The animals need your help.**



- Obtain space on a school bulletin board for posting information about animal rights issues and events.
- Campaign to get the school cafeteria to offer a vegetarian option at lunch.
- Organize school activities around national animal rights events such as *World Laboratory Animal Liberation Week* (end of April), *The Great American Meatout* (March 20), *World Farm Animal Day* (October 2), *Prevent-a-Litter Month* (April) and *Be Kind to Animals Week* (beginning of May).
- Encourage the school librarian to carry animal rights books and magazines. Request permission to prepare a library display focusing on books and magazines which address animal protection issues.
- Set up an information table in a good location from time to time.
- Keep a steady supply of flyers and brochures on animal rights issues to distribute regularly. We will send you brochures free of charge. Carry flyers with you and leave them in conspicuous places such as doctors' offices, health food shops, churches and synagogues, bulletin boards, etc.
- Write and produce a school play with an animal rights theme and ask for donations at the door. You'll raise money and consciousness at the same time!
- Publish a newsletter to inform others about animal protection issues and to update students on local animal rights activities.

DON'T GO IT ALONE

Meet and talk with peers who share your views. This cannot be emphasized enough. Calling attention to animal exploitation is a difficult and often depressing task. If you are working alone, you may encounter feelings of apathy, depression and loneliness. Working with friends builds camaraderie, new ideas, energy and a sense of a viable community – one that others may want to join! If you don't know anyone at your school or in your neighborhood who cares about animal rights, write to us for contacts in your area and join your local animal rights group. Your local group can provide you and your friends with information about protests, events and campaigns in your area.

BE AS CONSISTENT AS POSSIBLE

To the best of your ability, be consistent in action and word. Remember, though, that perfect consistency is very difficult. For instance, few people become strict vegetarians overnight. Do the best you can, and tell others who may criticize you that you are trying. Invite them to join you in trying too!

WRITE LETTERS, CIRCULATE PETITIONS, LEAFLET AND JOIN BOYCOTTS

Letters, petitions and phone calls to the chief executive officers of companies which test products on animals, to editors of newspapers and magazines, to television networks and to legislators can have a powerful effect. It is concerned consumers who are responsible for the move away from animal testing and the ongoing demise of the fur industry. Leaflet in and out of school, and let everyone know what is happening to animals.



BE COMPASSIONATE TO ALL

Try to stay patient with and compassionate toward all sentient beings, including humans who don't share your views. Remember that you were not always an animal advocate concerned about animal exploitation. You can consider those who are presently unsympathetic to be potential allies, provided that you are considerate and respectful when you share your opinions with them. Sometimes the best way to relate to those who are actively hostile is to simply ask them to read some literature which you provide and to offer to speak with them after they have read about the issues.

PRACTICE

Try to challenge opposing views by doing role plays with friends. Ask each other difficult questions and then take turns responding. With practice, you will learn how best to express your opinions to friends, acquaintances, teachers and the general public.

SPEAK OUT

Speak out often and persistently about animal exploitation to any who are willing to listen. The animals need your voice! Inform others about how they can get involved in helping animals.



SPEND WISELY

Use your dollars to cast a vote for animals by purchasing those products which do not contribute to animal suffering. Cruelty-free soaps, cosmetics, toothpaste and other household products are available at local health food stores and through mail-order catalogues. Write to us for a list of companies which are cruelty-free. Many of the larger, well-known companies have abandoned animal tests, and you may even be able to find many cruelty-free products in your local drug stores. You can always help animals by not buying them to eat, too!

Specific Ideas

START AN ANIMAL RIGHTS GROUP AT SCHOOL

Under the sponsorship of a sympathetic teacher or parent, you and your friends can start an animal rights group at school. An active group can do a lot to help animals.

You can:

- Organize an Animal Rights Awareness Day at school and introduce others to animal protection issues.
- Invite speakers to come to your school and talk about animal rights. Learn to become a spokesperson yourself so that you can effectively share your views with others.
- Borrow videos from us and show the films for interested students.
- Find out your school's policy regarding dissection alternatives for students. If no such policy exists, work with administrators and teachers to develop a school policy for students not wishing to dissect animals in science class. You might also discuss the possibility of eliminating dissection in your school.
- Find out animal use policies for local science fairs. Try to obtain permission to monitor science fairs, and report any infractions of animal protection rules to the science curriculum directors, the science fair organizers and to your local media.
- Raise funds by selling animal rights t-shirts, buttons and bumper stickers or by hosting a vegetarian lunch.

